



Fire P.I.T

A Guide to Fitness
Activities





Fire PIT: Fitness Activity Guide

- The following table provides information about a variety of fitness activities as well as sports or other recreational activities.
- The table can help you find activities that will help with the area of fitness you are interested in, and will offer some other issues to think about when choosing an activity.








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What does this improve?

Each of the three kinds of fitness are listed in the order they might be improved by activity.

Guide to Symbols	
	Excellent for improving this area
	Good for improving this area
	Helps a little






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Cost & Expenses





- This column gives a rough guide to the expense required for equipment, instruction, and "pay as you play" costs (such as ski lift passes or fees for access to facilities).
- The cost of expensive equipment (a one-time or infrequent expense) becomes more reasonable if you stay with the activity for a while

Guide to Symbols

	Very Expensive
	Moderately Expensive
	Inexpensive








Fire PIT: Fitness Activity Guide

Activity	Aerobic Fitness	Strength	Flexibility	Instruction	Cost & Expenses
Aerobic dance	★ ★	★	★ ★	Helpful	
Alpine skiing	★	★	-	Needed	  
Ballet	★	★ ★	★ ★ ★	Needed	
Bicycling	★ ★ ★	★ ★	-	-	 
Boxing	★ ★	★ ★	-	Needed	
Calisthenics	★	★	★	-	-
Court Sports	★	-	-	Helpful	
Cross -country skiing	★ ★ ★	★ ★ ★	★	Helpful	 
Fencing	★ ★	★	-	Needed	 
Gymnastics	★	★ ★	★ ★ ★	Needed	
Indoor rowing	★	★ ★	-	-	 
Jogging	★ ★ ★	★ ★	-	-	
Kayaking	★	★ ★	-	Needed	  






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Activity	Aerobic Fitness	Strength	Flexibility	Instruction	Cost & Expenses
Martial Arts	★	★★	★★★	Needed	
Power lifting	-	★★★	-	Needed	
Rock climbing	★	★★★	★★	Needed	 
Rowing	★	★★	-	Helpful	  
Running	★★★	★★	-	-	
Sail boarding	★	★★	-	Needed	  
Scuba	-	★	-	Needed	  
Skating (Ice/Inline)	★	★	-	Helpful	 
Power lifting	-	★★★	-	Needed	
Rock climbing	★	★★★	★★	Needed	 
Rowing	★	★★	-	Helpful	  
Running	★★★	★★	-	-	
Sail boarding	-	★★	-	Needed	  



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Power lifting	-	★★★	-	Needed	
Rock climbing	★	★★★	★★	Needed	 
Rowing	★	★★	-	Helpful	  
Running	★★★	★★	-	-	
Sail boarding	★	★★	-	Needed	  
Scuba	-	★	-	Needed	  
Skating (Ice/Inline)	★	★	-	Helpful	 
Skipping rope	★★	★★	-	-	
Stationary bicycling	★★★	★★	-	-	 
Swimming	★★	★★	-	Needed	
Walking	★★	★	-	-	-
Water skiing	-	★	-	Needed	  
Yoga	-	-	★★★	Helpful	-



COME ON
YOU MEN
IN RED